

# PERSONAL PROTECTION EQUIPMENT: HEARING PROTECTION

Working in a manufacturing environment can be extremely noisy. Prolonged exposure to noise can lead to hearing loss so it's critical to help protect your hearing by using approved ear protection. Wearing PPE for your hearing will reduce noise levels and prevent long-term damage from noise-induced hearing loss (NIHL).

Earbuds or headsets are not suitable substitutes to protect you and should not be used in areas where hearing protection is required.

## PROTECTING YOUR HEARING

- KNOW WHAT TO WEAR
- WHY HEARING PROTECTION IS SO IMPORTANT
- HOW TO PROTECT YOUR HEARING AT WORK



**BC Forest Safety**

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## PROTECT YOUR HEARING WITH THE RIGHT PPE

- Wearing the right hearing protection will help safeguard your hearing not just for the task at hand but for life.
- Hearing protection should fit properly and be comfortable enough to wear all day, especially when exposed to decibels louder than 85 (a forklift emits 91 decibels).
- No single type of hearing protection is appropriate for everyone or the task. Protection is unique to each employee, their roles and the equipment they use.
- The most common choices of hearing protection are ear plugs and ear muffs. Choose the one that is right for you and your task.

## HEARING PROTECTION IS A SOUND INVESTMENT

- Noise-induced hearing loss is the most common work-related disease. It typically happens gradually, over time and can be difficult to notice but the damage is usually irreversible.
- Continuous exposure to noise exposure can lead to hearing loss but is also linked to other medical conditions such as tinnitus or permanent hearing loss.
- Hearing loss affects everyone, even young workers, so use hearing protection throughout your career.

## LISTEN UP! PROTECT YOUR HEARING AT WORK

- Always wear the appropriate hearing protection for your task.
- Regularly check your PPE for damage or wear and tear.
- Ensure your hearing protection has the correct rating for the job.
- Make sure your hearing protection fits properly and comfortably.
- Noise exposure can also be reduced by job rotation which limits time spent in noisy areas.

**Never become complacent. Always wear hearing protection even if you are exposed to a hazardous noise level for a short period of time.**

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